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Procrastination

As a student, I am always having trouble with my homework, no matter the homework is difficult or not. After teacher gives homework in the morning class, I consider finishing it immediately so that I can be free to do whatever I like in the rest of time. However, my idea changes as soon as I get back to my dormitory. There seems to be something whispering:”You have enough time to do homework, just go playing now.” At that time, I feel that I can’t help put my bag away, turn on my computer and start to play games, watch videos, or go out for sports. After doing all these activities, I sit down again and begin to do my homework. But unfortunately, I still can’t concentrate on it. I stop to go out having ice cream with my friend, or I put my homework away because a good television is on now. Sometimes I’m surprised that a little homework often takes me ten hours to finish. However, I come up with a lot of excuses for my delaying, such as “It is not due tomorrow so I have a lot of time to do it”, “there is a whole night for my homework, and I don’t need to do it now”. So that’s why I always finish my assignment until 1 or 2 a.m. and I feel it so hard to get up the next morning.

What happens on me is called procrastination. Procrastination affects me in a negative way since I’m a high school student, and for me, it is hard to overcome. It adds stress on me as well as others. When it comes to group work, it’s very embarrassing that other group members are waiting for me because of my procrastination. It also affects my health. My immune system becomes weak as a result of sleeping late every day. And I can’t fall asleep earlier than 12 pm because my brain is active at that time. Procrastination becomes an annoying and continuing habit for me.

Taking these bad effects of procrastination into consideration, it should be overcome as soon as possible. I come up with three ways to solve it. One efficient way is to stay in classroom to finish my assignment right after the class. The knowledge I learned in class is still fresh at that time so I have a clear idea of my assignment. The quality of my assignment will be promoted significantly. In addition, being in the classroom also helps me concentrate on my work, because it is quiet here and nothing can distract me. In this way I can finish my assignment efficiently and save my time. I can enjoy myself by doing whatever I like without worrying about my homework.

Another way to avoid procrastination is to set two or three hours for my homework. It can be in the afternoon or in the evening, no matter in my dorm or in the study room. In these two or three hours, I should force myself to put all entertainment suppliers away and stay focus on my homework. In other words, I can’t do anything except studying. During the set-time, I can’t go to the restroom, I can’t get up to have a drink or click on website for fun until my homework is finished. By doing so, I can finish my homework as efficient as in the first way. At the same time, I can also improve my self-control, because there are my computer and cell phone all around me. Whenever I can keep my focus on my assignment for 3 hours, I succeed in avoiding procrastination.

In addition, I should throw away phrases that I often use to excuse, like “I don’t know where to start” or “I’ll do it later”. Procrastination is a bad habit, there is no excuse for it. If I don’t know how to start with my project, I should research on internet or ask teacher for advice. And when I am making assignment later, I should take up my pen and start right now, just like the slogan of Nike going “Just do it”. What’s more, I should avoid “I am thinking about it” by acting instead of thinking. Every time before I begin writing my project, I consider a lot but at last I still can’t write much. Sometimes I got distracted while I am thinking. Then I spend a whole day thinking and thinking without writing anything. It makes me procrastinate and waste a lot of time. This time, I should just write down whatever I think about, because it can help me keep concentration on my writing.

Although procrastination is troublesome and hard to overcome, I think I can make it in many ways, like finishing assignment right after class, making up a set-time to do it, and drop my excuse for procrastination. I believe my procrastination will be gone. Are you also suffering the procrastination? Try these ways, it can be better.